

**PERAN STRES AKADEMIK DAN DETERMINASI DIRI TERHADAP  
KESEJAHTERAAN SUBJEKTIF PADA MAHASISWA PROGRAM  
MAGISTER DI KOTA BANDUNG**

**SKRIPSI**

Diajukan untuk Memenuhi Salah Satu Syarat Memperoleh  
Gelar Sarjana Psikologi di Departemen Psikologi



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*PERAN STRES AKADEMIK DAN DETERMINASI DIRI TERHADAP KESEJAHTERAAN SUBJEKTIF PADA  
MAHASISWA PROGRAM MAGISTER DI KOTA BANDUNG*

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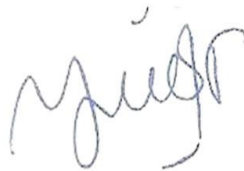
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## ABSTRAK

**Syarifah Aini (1606552).** *Peran Stres Akademik dan Determinasi Diri terhadap Kesejahteraan Subjektif pada Mahasiswa Program Magister di Kota Bandung.* Departemen Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia, Bandung. (2020).

Penelitian ini bertujuan untuk mengetahui peran stres akademik terhadap kesejahteraan subjektif dan peran determinasi diri terhadap kesejahteraan subjektif pada mahasiswa program magister. Penelitian ini menggunakan pendekatan kuantitatif dengan model analisis regresi linear sederhana. Populasi dari penelitian ini adalah mahasiswa magister aktif dengan domisili kampus Kota Bandung, dengan jumlah sampel 135 mahasiswa. *Scale of Positive and Negative Experience* (SPANE) dan *Satisfaction with Life Scale* (SWLS) digunakan untuk mengukur kesejahteraan subjektif. *Perceived Stress Scale* (PSS-10) yang telah dimodifikasi agar sesuai dengan keadaan akademik digunakan untuk mengukur stres akademik. *Basic psychological need satisfaction* (BPNS) digunakan untuk mengukur determinasi diri. Hasil penelitian menunjukkan bahwa terdapat pengaruh stres akademik terhadap kesejahteraan subjektif dimana ketika stres akademik meningkat maka kesejahteraan subjektif mahasiswa menurun. Adapun terdapat pengaruh determinasi diri terhadap kesejahteraan subjektif dimana ketika determinasi meningkat maka kesejahteraan subjektifpun meningkat.

**Kata Kunci:** *stres akademik, determinasi diri, kesejahteraan subjektif*

## ABSTRACT

**Syarifah Aini (1606552).** *The Role of Academic Stress and Self-Determination on Subjective Well-Being in Masters Program Students in Bandung.* Department of Psychology, Faculty of Education, Indonesian University of Education, Bandung. (2020).

This study aims to determine the role of academic stress on subjective well-being and the role of self-determination on subjective well-being in master's program students. This study uses a quantitative approach with a simple linear regression analysis model. The population of this research is active master's students with campus domicile in Bandung City, with a sample of 135 students. The Scale of Positive and Negative Experience (SPANE) and Satisfaction with Life Scale (SWLS) were used to measure subjective well-being. The Perceived Stress Scale (PSS-10) which has been modified to suit academic conditions is used to measure academic stress. Basic psychological need satisfaction (BPNS) is used to measure self-determination. The results showed that there was an influence of academic stress on subjective well-being, when academic stress increased, the subjective well-being of students decreased. Meanwhile, there is an influence of self-determination on subjective well-being, when determination increases, subjective well-being also increases.

**Keywords:** *academic stress, self-determination, subjective well-being*

## DAFTAR ISI

DAFTAR ISI.....	7
DAFTAR TABEL.....	<b>Error! Bookmark not defined.</b>
DAFTAR GAMBAR .....	<b>Error! Bookmark not defined.</b>
BAB I PENDAHULUAN .....	<b>Error! Bookmark not defined.</b>
1.1    Latar Belakang .....	<b>Error! Bookmark not defined.</b>
1.3    Tujuan Penelitian.....	<b>Error! Bookmark not defined.</b>
1.4    Manfaat Penelitian.....	<b>Error! Bookmark not defined.</b>
1.5    Sistematika Penelitian.....	<b>Error! Bookmark not defined.</b>
BAB II KAJIAN PUSTAKA .....	<b>Error! Bookmark not defined.</b>
2.1    Kesejahteraan subjektif.....	<b>Error! Bookmark not defined.</b>
2.1.1. Definisi .....	<b>Error! Bookmark not defined.</b>
2.1.2. Dimensi .....	<b>Error! Bookmark not defined.</b>
2.2    Stres Akademik.....	<b>Error! Bookmark not defined.</b>
2.2.1 Definisi .....	<b>Error! Bookmark not defined.</b>
2.2.2 Dimensi .....	<b>Error! Bookmark not defined.</b>
2.3    Determinasi Diri .....	<b>Error! Bookmark not defined.</b>
2.3.1 Definisi .....	<b>Error! Bookmark not defined.</b>
2.3.2 Dimensi .....	<b>Error! Bookmark not defined.</b>
2.4    Kerangka Penelitian .....	<b>Error! Bookmark not defined.</b>
2.5    Hipotesis Penelitian.....	<b>Error! Bookmark not defined.</b>
BAB III METODE PENELITIAN.....	<b>Error! Bookmark not defined.</b>
3.1    Desain Penelitian .....	<b>Error! Bookmark not defined.</b>
3.2    Populasi dan Sampel .....	<b>Error! Bookmark not defined.</b>
3.3    Variabel Penelitian .....	<b>Error! Bookmark not defined.</b>
3.3.1 Variabel Penelitian.....	<b>Error! Bookmark not defined.</b>
3.3.2 Definisi Konseptual .....	<b>Error! Bookmark not defined.</b>
3.3.3 Definisi Operasional .....	<b>Error! Bookmark not defined.</b>
3.4    Instrumen Penelitian .....	<b>Error! Bookmark not defined.</b>
3.4.1 Kesejahteraan subjektif .....	<b>Error! Bookmark not defined.</b>
3.4.2 Stres Akademik .....	<b>Error! Bookmark not defined.</b>
3.4.3 <i>Determinasi diri</i> .....	<b>Error! Bookmark not defined.</b>

3.5	Pengembangan Instrumen .....	<b>Error! Bookmark not defined.</b>
3.5.1	Penyusunan Instrumen dan <i>Expert Judgement</i> .....	<b>Error! Bookmark not defined.</b>
3.5.2	Uji Validitas.....	<b>Error! Bookmark not defined.</b>
3.5.3	Uji Reliabilitas.....	<b>Error! Bookmark not defined.</b>
3.5.4	Prosedur Penelitian.....	<b>Error! Bookmark not defined.</b>
3.5.4.1	Tahap Persiapan .....	<b>Error! Bookmark not defined.</b>
3.5.4.2	Tahap Pelaksanaan.....	<b>Error! Bookmark not defined.</b>
3.5.4.3	Tahap Pengolahan dan Analisis Data..	<b>Error! Bookmark not defined.</b>
BAB IV HASIL DAN PEMBAHASAN .....		<b>Error! Bookmark not defined.</b>
4.1	Gambaran Responden berdasarkan Variabel.....	<b>Error! Bookmark not defined.</b>
4.2.1	Gambaran Stres Akademik Responden.....	<b>Error! Bookmark not defined.</b>
4.2.3.1	Gambaran Umum Stres Akademik .....	<b>Error! Bookmark not defined.</b>
4.2.3.2	Gambaran Stres Akademik Berdasarkan Dimensi .....	<b>Error! Bookmark not defined.</b>
4.2.2	Gambaran Determinasi Diri Responden .....	<b>Error! Bookmark not defined.</b>
4.2.3.3	Gambaran Umum Determinasi Diri ....	<b>Error! Bookmark not defined.</b>
4.2.3.4	Gambaran Determinasi Diri Berdasarkan Dimensi .....	<b>Error! Bookmark not defined.</b>
4.2.3	Gambaran Kesejahteraan Subjektif Responden .....	<b>Error! Bookmark not defined.</b>
4.2.3.5	Gambaran Umum Kesejahteraan Subjektif .....	<b>Error! Bookmark not defined.</b>
4.2	Hasil Pengujian Hipotesis .....	<b>Error! Bookmark not defined.</b>
4.3.1	Pengaruh Stres Akademik terhadap Kesejahteraan Subjektif .....	<b>Error! Bookmark not defined.</b>
4.3.2	Pengaruh Determinasi Diri terhadap Kesejahteraan Subjektif .....	<b>Error! Bookmark not defined.</b>
4.3	Pembahasan.....	<b>Error! Bookmark not defined.</b>
4.4	Keterbatasan Penelitian .....	<b>Error! Bookmark not defined.</b>
BAB V SIMPULAN, IMPLIKASI, DAN REKOMENDASI ...		<b>Error! Bookmark not defined.</b>
5.1	Simpulan.....	<b>Error! Bookmark not defined.</b>
5.2	Implikasi.....	<b>Error! Bookmark not defined.</b>
5.3	Rekomendasi.....	<b>Error! Bookmark not defined.</b>
DAFTAR PUSTAKA .....		9



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